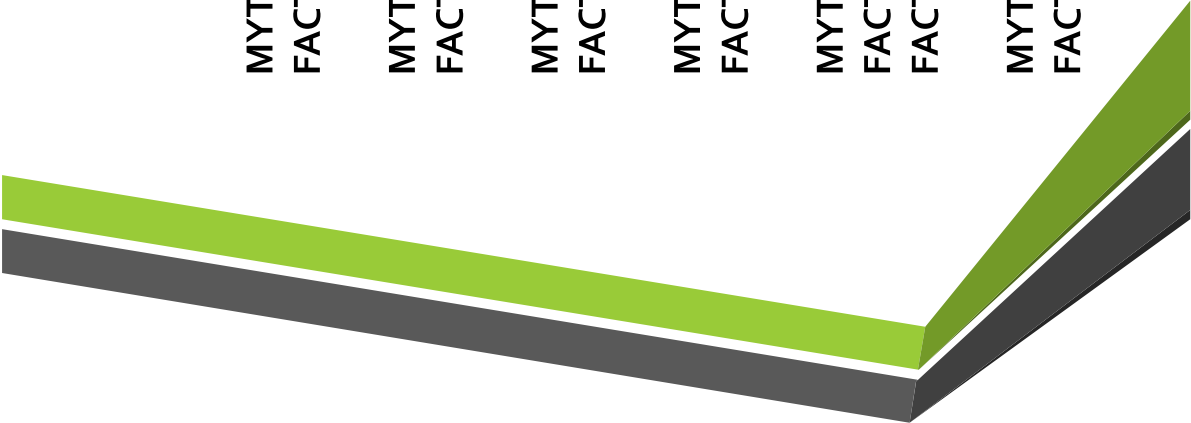




Facts and Myths

MYTH - Experience is a substitution for knowledge and attention to detail.

FACT - The most important part of skate sharpening is the proper set up of the skate holder!

MYTH - The machine you use makes a big difference.

FACT - The machine basically just spins a grinding wheel. It only needs to be balanced well.

MYTH - Automatic or computerized sharpening is superior to manual sharpening.

FACT - There are many variables that need to be considered, adjusted, checked, and corrected.

MYTH - Flat Bottom V sharpening is superior to traditional radius sharpening.

FACT - In the NHL, less than 1% of players use Flat Bottom V.

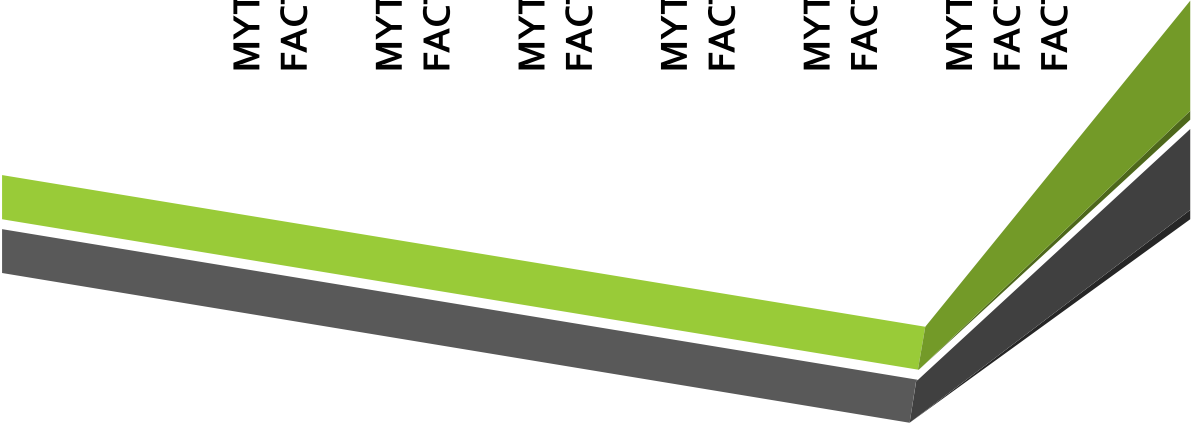
MYTH - Goalie and figure skates are harder to sharpen than hockey skates.

FACT - The set up of the holder is different, but everything else is the same.

FACT – New skates take more time and resources to sharpen.

MYTH – The finger nail test can be used to see if my skates are sharp.

FACT - Drag your thumb from the outside edge to the center of the blade a feel the “drag”.



Facts and Myths

MYTH - Magic or “Y” sticks are a substitution for skate sharpening.

FACT - These are an emergency tool and should only be used once. A hone is a better option.

MYTH - Skates should be cross-grinded prior to sharpening.

FACT - Cross-grinding should only be done when absolutely necessary.

MYTH - You should always sharpen from toe to heel.

FACT - It really make no difference which way you sharpen.

MYTH - You can run the skate back and forth on the wheel.

FACT - The skate should only go with the direction of the spinning wheel.

MYTH - Once my holder and machine are set I never need to change it.

FACT - An edge checker should be used front and back on each skate every time.

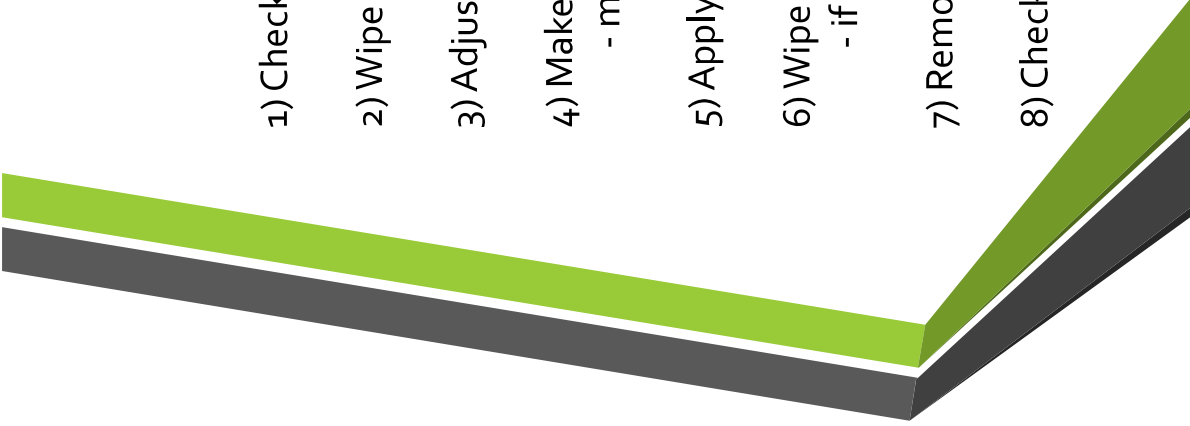
MYTH – Skate sharpening is an “art” and takes many years to master.

FACT - The “art” of skate sharpening comes down to the speed and pressure used by the sharpener.

FACT - There are less than 20 “master” sharpeners in AB. It takes ~5000 pairs to be fully competent.

Proper Sharpening Procedure

- 1) Check the blade to make sure it is straight. Straighten blade if necessary.
- 2) Wipe off any water / ice and hone the blade with a course or medium hone.
- 3) Adjust the holder (if required) based on the blade thickness – make / model / size / type of skate.
- 4) Make 6 identical passes from toe to heel going with the rotation of the wheel (varies by sharpener).
 - make sure to stay back from the toe and heel and not too much “rotation” in your passes.
- 5) Apply a last pass fluid and complete one last finishing pass with slower speed and lighter pressure.
- 6) Wipe the blade off with a rag. Use an edge checker to determine if the blades are level.
 - if the edges are not level, go back to step 3.
- 7) Remove any burrs with a medium or fine hone. Wipe the blade on final time with a rag.
- 8) Check both edges using the thumb test to make sure they are sharp.



Rules of Thumb...

What radius to choose:

Skate Type:

Hockey Skates – 1/2 inch
Goalie Skates – 5/8 inch hollow
Figure Skates – 5/8 inch hollow

Weight of Skater (hockey):

Less than 100 lbs – 3/8 inch hollow
100 lbs to 170 lbs – 1/2 inch hollow
Over 170 lbs – 5/8 inch hollow

How often to sharpen skates:

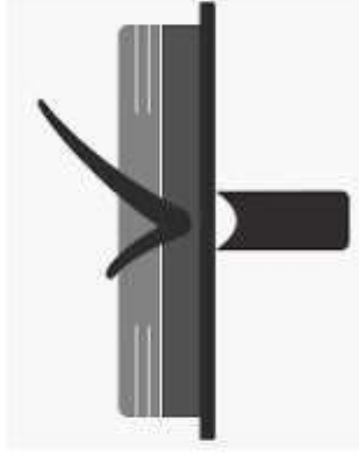
<u>Level</u>	<u>Age</u>	<u># of Times</u>
Timbits & Novice	5 to 8	7 – 8
Atom & Pee wee	9 to 12	5 – 6
Bantam	13 to 14	3 – 4
Midget & Junior	15 to 20	2 – 3
Adult Hockey	N/A	5 – 6
Coaching	N/A	6 – 7
Referee	N/A	5 – 6
Public Skating	N/A	7 – 8
Outdoor Rink	N/A	3 – 5
Synthetic Ice	N/A	1

***NOTE: The ultimate authority is the skater and personal preference!**

Testing Tools

There are 2 extra pieces of equipment every skate sharpener should have:

- 1) Blade Straightener
- 2) Edge Checker



Edge Checker



Hollow Depth Indicator



Radius /Thickness Tester

Sharpening Fluids

Last Pass Fluids



Last pass fluid help to keep the blade cool as you slow down, reduce blade chatter, and create a mirror like finish.

Table Top Lubricants

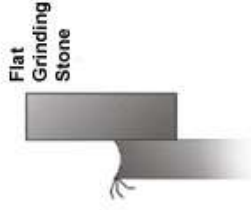
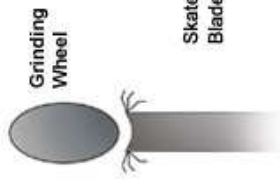


Table top lubricants are for making your stainless steel or granite table top more slippery, reducing the drag on the holder.

Hones and Stones

1. Groove is cut longitudinally

2. Burr is removed by flat grinding stone.



Aluminum Oxide
Silicone Carbide
Diamond

Ceramic (Mirror Steel)
Rubber (Black Steel)
Rust Remover

Rectangular
Tear-Drop

Single Grit
Combination Stone

Cross Grinding

- Cross grinding is done to remove large amounts of steel from the blade quickly.
- The blade is ground flat with no hollow.
- The grinding wheel is orientated vertically rather than horizontally.
- The main purpose is to remove large nicks or gouges from the blade.
- It should not be used for removing bad sharpening or changing hollows.
- It is equivalent to sharpening your skates approximately five times.
- Cross grinding should only be done when the desired result can not be obtained with 12 passes on a finishing wheel.



Blade Profiling

- Profiling is also known as rockering, and custom contouring.
- Always try out your skates before having any profiling done.
- Profiling is done with the cross grind wheel.
- Stock profiles from the factory:
 - Bauer and Easton – 9'
 - CCM and Reebok – 10'
- Standard profiles are 7', 9', 11', 13'
- The smaller the radius the less blade is on the ice meaning tighter turns.
- Forward and backward lean are done independently of profile radius.
- A combo radius is when you have one radius on the front of the blade and another on the back.



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403-404-7469

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